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Visitacion Valley Residents Challenge District 10 Candidates at VVCC Forum

Visitacion Valley residents heard District 10 candidates for supervisor speak on local issues during an Oct. 7 forum at the Community Center.

by Christina Wong

More than 200 Visitacion Valley residents gathered at the Community Center on Oct. 7 to challenge some of the candidates running for supervisor in District 10 with questions specific to the neighborhood.

With District 10 comprised of Portola, Potrero Hill, Bay View, Hunters Point, Little Hollywood and Visitacion Valley, voters will decide on Nov. 7 which of 12 candidates can effectively represent them, an incredibly difficult task given the diverse neighborhoods and needs of each within the district's boundaries.

While some of the questions asked on Nov. 7 inquired how the candidates would increase neighborhood services and unify the entire voting district, a good number of those in attendance felt there were many similar responses, making it more difficult for them to decide which candidate to support.

Candidates on the Nov. 7 ballot for supervisor in District 10 include: Hamp Banks, Don Bertone, Robert H. Chan, Marie Harrison, Espanola Jackson, Dwayne Jusino, J.R. Manuel, Sophie Maxwell, Linda Richardson, Jim Rodriguez, Larry Shockey, and Hubert Yee.

Two questions of neighborhood interest not asked at the Oct. 7 forum were recently answered by some of the candidates:

What is your position on the proposal by Home Depot to build a super store on Bayshore Boulevard?

Espanola Jackson: "I am opposed to the original proposal, and even believe the scaled-down version should be reconsidered by the neighborhood Home Depot will be a traffic nightmare every weekend, much like getting to and from my home in Bayview is when the 49ers play at home at Candlestick. I am tired of the city dumping these kinds of projects in District 10, which mainly serve to benefit people who live elsewhere at our expense. But, I will support whatever compromise is put forth by the affected neighborhoods."

Dwayne Jusino: "I'm supportive of a scaled down version of the original proposal to ensure that the Home Depot is of a scope that will be suitable to Visitacion Valley and Little Hollywood needs; I want to ensure that its collateral traffic impact does not adversely affect these communities. I do not see the Home Depot development as being the answer to the present economic problems faced by Leland Avenue businesses, primarily because of its location across Bayshore Boulevard will not draw in an additional customer flow; that area requires more direct capital (money) investment for its revitalization and the addition of strong anchor businesses that will feed into it a stronger customer base."

J.R. Manuel: "The community clearly didn't want the initial development proposal that Home Depot attempted to push forward. The alternative offered is far more viable for all parties concerned. It is never a good idea to try to shove a particular development down the throat of the very community in which it is intending to locate. Home Depot would have been better served by gathering data prior to submitting their plans to the City to find out what the community wanted and needed instead of shoving a regional business into an area where local business needed to be augmented. I believe in fighting for the rights of the people versus the rights of those trying to make a buck at the people's expense."

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Gas Prices Cooling In Northern State

Despite high crude oil prices and Middle East unrest, California motorists are starting to see gas prices beginning to drift downward throughout the state, AAA recently reported.

The average price for a gallon of regular unleaded self-serve gas in Northern California is $1.95, down 3 cents from last month's record high, but 46 cents higher than last October, according to AAA's monthly gas survey.

The statewide average is $1.85, down a penny from September, with Southern California reporting $1.80. Lake Tahoe reluctantly claims the highest price in the state at $2.10, followed by San Francisco and Eureka at $2.06. The average in Salinas is $1.84, which is the lowest reporting price in Northern California for the month.

Nationally, AAA's Fuel Gauge Report shows the average price at $1.55, down 3 cents from last month, but up 26 cents from last year.

"Historically, we have seen gradual declines at the pumps after Labor Day," said Bronwyn Hogan, spokeswoman for AAA.

"This year, due to high crude prices and Middle East tensions, unfortunately we expect gas prices to remain at or near their current annoyingly high levels through the rest of the year."

With crude oil prices hovering near $33 per barrel, what is an acceptable market price for oil? According to Alan Kovski, oil analyst and managing editor of Energy Business Watch, "The ideal fair market value range for crude oil is between $18 and 28 per barrel. That price is high enough to reward oil companies to explore, drill, refine and distribute gasoline, yet low enough to encourage consumer consumption."

"Whether California is experiencing high or low gas prices, AAA continues to urge motorists to make certain their vehicles are in peak operating condition to achieve maximum fuel economy, and make fuel-efficient driving and commute alternatives a top priority this winter," adds Hogan.

Bargain Book Sales

Friends and Foundation of the San Francisco Public Library will have two bargain book sales of non-library books in November with all books selling for $1 or less.

*Friday, Nov. 3 from 11 a.m. to 2 p.m. on the steps of the Main Library, Larkin Street entrance.

*Saturday, Nov. 4 from 10 a.m. to 5 p.m. and Sunday Nov. 5 from 10 a.m. to 3:30 p.m. at Fort Mason Center.

Health Care and Education Crucial Issues in State Presidential Election

Health care and education rank as the two most important issues to California voters in this year's presidential election, according to a recently released statewide survey.

In addition, the survey suggests these two issues have the greatest influence on voters undecided in the presidential race.

"This survey clearly demonstrates the importance of health care issues to California voters," said Mark Smith, president and CEO of the California HealthCare Foundation. "The fact that Medicare and the uninsured are growing as issues of importance may be both the reason for – and the result of – candidates putting forward their proposals to address these significant health care challenges.

The poll, which surveyed 2,381 California adults, including 1,586 registered voters between Aug. 18 and Sept. 4, 2000 via telephone in English and Spanish, determined voters top-ranking health care priorities include: providing children with access to health services; ensuring that Medicare currently remains financially sound; making sure seniors have access to affordable prescription drugs; and providing affordable health care to residents regardless of their ability to pay.

The survey was conducted as part of the California HealthCare Foundation's HealthVote 2000 Project, a non-partisan, statewide public education campaign designed to encourage a spirited discussion of health care issues by political candidates, the media and the public during the months preceding the 2000 election in California.

"The HealthVote 2000 survey represents a comprehensive statewide analysis of California attitudes towards health care issues and specific health care reform proposals put forward by the presidential candidates," said Mark DiCamillo, director of the Field Institute.

Half of all California voters rate health care among their most important issues when deciding whom to support in the upcoming presidential election, up from 45 percent who reported this earlier in the year. In fact, key California voter subgroups most influenced by the issue are even more impacted by health care as an election year issue. These subgroups (along with the percentage reporting health care among their most important election issues) are African American (68 percent), Latinos (66 percent), lower income voters (68 percent), seniors (60 percent) and women (57 percent).

Additionally, more than one in three voters (38 percent) report health care will be among their most important issues when considering congressional candidates running for election, and 33 percent state the same wit respect to state legislative candidates.

The survey finds that 10 percent of California voters remain undecided as to whom they plan to vote for in the upcoming presidential election.

Of these undecided voters, 57 percent cite education and 55 percent cite health care as the most important to their decision. Social Security (50 percent) and Medicare (45 percent) rate next in importance significantly above concerns about taxes, crime, environmental protection and the economy. In addition, the proportion of California's undecided voters concerned about Medicare has increased 14 percentage points since January, the only issue measured that has showed significant change this year among this constituency.

Nearly half (46 percent) of California's undecided voters are not affiliated with either major political party and 60 percent consider themselves middle-of-the-road in politics. In demographic terms, half (50 percent) have attended college or trade school but are not college graduates, 33 percent are racial and ethnic minority voters, and more than one in five (22 percent) live in the highly contested Central Valley region of the state.

The survey also measured voter reaction to eight specific health care proposals, some of which have been put forward by presidential candidates Al Gore, George W. Bush and Ralph Nader. Although none were directly linked to presidential candidates during the administration of the survey, the results show the large majorities support six of the eight proposals.

*81 percent of Californians support expanding government funding for public health clinics and hospitals so low-income people can receive care at little or no cost.

*79 percent support requiring employers to provide/contribute toward paying costs of health coverage for employees and their dependants.

*76 percent support allowing uninsured people age 55-64 to buy into Medicare, a Gore proposal.

*75 percent support creating tax credit for uninsured families to reimburse them for a portion of the cost of their health insurance premiums, a Bush proposal.

*72 percent support expanding existing government-sponsored health insurance programs now covering low-income children to include uninsured parents or other family members in a household, a Gore proposal.

*70 percent support requiring all uninsured Californians to obtain health insurance coverage either through an employer or through a government-sponsored pool, with subsidies for low-income residents.

Less than half of voters (42 percent) support replacing the existing private health insurance system with a taxpayer-financed universal health care program administered by the government, a Nader proposal.

Two-thirds of voters (66 percent) stated that the need to find out more about medical savings accounts – which would allow individuals to put money into a tax-free savings account set up for them to help pay a portion of their health care expenses, a Bush proposal.

Sixty-five percent of voters believe it is very important for Medicare to be expanded to include some coverage of prescription drugs.

In addition, 54 percent of Californians who make Medicare decisions for themselves or another say they are very concerned that they will not be able to

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Questions and Answers about District Elections in San Francisco

On Nov. 7, San Francisco will elect its Board of Supervisors by districts instead of the current citywide method. Visitacion Valley residents are now a park of District 10. Here are answers to some frequently asked questions about district elections.

Q: What will be the difference?

A: Currently each supervisor represents the whole city and voters could choose several candidates. Under district elections, each supervisor must reside in and represent a particular geographic district. There are 11 districts with approximately 66,000 residents in each district. San Francisco voters will only be able to vote for one candidate who will represent their district.

Q: If I vote in a polling place that is not in my district, can I still vote for my district supervisor?

A: No, your vote will not be counted for your district if it is cast outside the district. It is best to vote at the polling place that you are assigned to. You will not be able to write in a candidate who is running in another district.

Q: How did we get district elections?

A: In November 1996, voters elected to reestablish district elections for San Francisco supervisors. At that time, voters also adopted the boundaries of each of the 11 districts. The last time San Francisco had district elections was in 1977.

Q: How and by whom were the district elections established?

A: The San Francisco Elections Task Force, a publicly appointed body, oversaw the process for determining district lines. The Task Force held public hearings around the city to solicit and receive input.. In establishing the district boundaries, the Task Force required that each district: be equal in population; optimize voting power of under represented groups (ethnic, racial, political, social, and economic); be geographically compact; recognize geographic boundaries in the city; and keep distinct neighborhoods intact. Districts will be redrawn after data from the 2000 census is collected and analyzed.

Q: Will San Francisco use runoff elections to ensure the winner in a district got a majority of the votes cast?

A: Yes, runoff elections between two candidates that get the most votes will be held whenever a race fails to produce one candidate that gets at least 50 percent of the vote plus one. If San Francisco had used runoffs in 1977, nine out of 11 races would have required runoffs.

Q: How will the president of the Board of Supervisors be selected?

A: The Board President will be elected by a majority of the other supervisors. Under the current system, the Board candidate with the highest number of votes became Board President.

Q: San Francisco currently elects six supervisors one year and the other five two years later in a staggered system. All are elected to four year terms. Will this stay the same?

A: On Nov. 7 there will be an election for all 11 seats. The districts will be divided into even and odd numbered districts and the Clerk of the Board of Supervisors will determine by lottery whether even or odd-numbered districts will have two or four-year terms. After that, supervisorial elections will continue using staggered elections.

Center for Voting and Democracy

Better Crosswalks for Safer Students

Students from nearby Visitacion Valley Middle School now have a safer intersection to cross at Visitacion Avenue and Sawyer Street after crosswalks there were recently repainted.

Grapevine Mailbox

Development of Geneva Carter Family Housing

Dear Neighbor:

Last March, Mercy housing California held a community meeting for neighbors to describe its proposal to develop 106 affordable apartments for families, common space for the residents of these units and a child care center for the neighborhood. This development is called Geneva Carter Family Housing after the two streets on which the site is located. Two more meetings were hosted by Mercy Housing California in April and May to collect neighborhood input on the design of the proposed housing. Some neighbors expressed support for the proposal, while other neighbors had concerns that they wanted to discuss with Mercy Housing Califomia. Some residents of both San Francisco and Daly City organized a well-attended forum in June at which Mercy Housing Califomia answered neighbors' questions about details of the proposal.

Since June, Mercy Housing California staff from the development and property management departments and residents from the Saddleback Community, Bayridge Community and Outer Mission Association (collectively, the Steering Committee) have been meeting monthly. Representatives from the City of San Francisco and City of Daly City have attended these meetings as well. At these meetings, the following topics have been discussed: fencing and lighting; resident selection criteria; traffic; parking; neighborhood infrastructure; density; views and shadows; and child care and after school activities.

We want to make sure that you are aware that dialogue is occurring/ Both Mercy Housing Califomia and the Steering Committee are pleased with the level of information exchanged.

Sincerely,
Ramie Dare, Mercy Housing Califomia
Rachel Garibaldi, Steering Committee

Visitacion Valley Community Beacon Program Schedule

To sign up for a class, call (415) 452-4907 or stop by 450 Raymond Ave., Room 101. Open Monday to Thursday from 9 a.m. to 9 p.m. and Friday from 9 a.m. to 6 p.m.

Monday: 3:15-4:15 p.m. Tutoring, Hip Hop Dance/Jazz, Circus Acrobats, Drama/Theater, Change Makers, Math Club; 4-5 p.m. Computer Lab 4:15-6 p.m. Open Recreation

Tuesday: 3:15-4:15 p.m. Tutoring, Cooking/Nutrition, Capoeria, Kids in the Park, Change Makers, Math Club, Science Workshop, Reading Lounge, Youth Computer Class; 3:15-5:15 p.m. Kids in the Park; 4-5 p.m. Computer Lab; 4:15-6 p.m. Open Recreation

Wednesday: 3:15-4:15 p.m. Tutoring, Choir, Circus Acrobats, Reading Lounge, Girls Science Club Triad, Youth Computer Class; 4-5 p.m. Computer Lab; 4:15-6 p.m. Open Recreation

Thursday: 3:15-4:15 p.m. Tutoring, Girls Self Defense, Capoeria, Drama/ Theater, Change Makers, Reading Lounge, Science Workshop; 3:15-5:15 p.m. Kids in the Park; 4-5 p.m. Computer Lab; 4:15-6 p.m. Open Recreation

Friday: 3-5 p.m. Arts and Crafts, Open Recreation

Adult Programs

*ESL Literacy, 9-11 a.m. Monday through Thursday

*Network for Women, 10 a.m.-12 noon Wednesday

*First Samoan Full Gospel Pentecostal Youth for Christ, 6-9 p.m. Monday

*Merry's Production, 6-9 p.m. Tuesday and Thursday

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Short Notice on Changed Primary Care Provider

Dear Editor:

This past week we learned of a significant health care event that is affecting seniors in our community. Health Net Seniority Plus, a senior health plan Medicare provider, contacted patients in the Bayview Hunters Point area and assigned their patients to a new primary care provider with as little as four days notice.

The matter has gotten our attention because of the manner in which Health Net handled alerting their patients to this change in service. The lack of consideration shown for seniors and their health care needs by Health Net Seniority Plus was callous and inconsiderate. Health Net should have at least provided their members a reasonable notice so that they could take the necessary steps to select a new physician on their own.

The physician assignments have not taken into account a patient's individual needs. In several cases patients who have lived in the Bayview Hunters Point neighborhood and seen their primary care physician for over 40 years were given a one week notice and assigned a new primary care physician in an entirely different neighborhood. Some of these patients are unable to leave their homes and are currently receiving house calls by their current physician. Some patients have multiple illnesses that need to be addressed, preferably by a physician that is familiar with their history. As members of the Bayview Hunters Point health Care Task Force, we think Health Net should be reprimanded for their callousness towards seniors. At the very least a letter of apology is due.

Individual Practice Associations continue to have financial challenges and the recent closure of local IPAs has left many patients scrambling for medical providers and services. Our elected officials need to work together to develop long-term solutions so that situations like these don't arise again.

Sincerely,
Arthur Coleman, MD, Chair,
Kathryn J. Summers, RN, MSN, Co-Chair
Bayview Hunters Point
Health Care Task Force

Crucial Issues in State Presidential Election

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pay for needed prescription drugs in the near future.

When asked what they believe was the better method of providing Medicare recipients with such coverage, 60 percent of voters support making prescription drug coverage a benefit under traditional Medicare, a Gore proposal; while 32 percent favor the government providing incentives to Medicare insurers to encourage prescription drug coverage under private plans, a Bush proposal.

Undecided voters favor providing drug coverage under the traditional Medicare system by a 54 percent to 31 percent margin.

Gore supporters are overwhelming in their support of this approach (69 percent to 26 percent) while a narrow plurality of Bush supporters in Califomia favor this method over an incentive-based private sector approach (48 percent to 43 percent).

California voters support four proposals aimed at keeping Medicare financially sound:

*Allocating a portion of the federal government budget surplus specifically to Medicare (80 percent).

*Imposing government price controls over the cost of prescription drugs covered under Medicare (65 percent).

*Tying Medicare benefits to recipients' ability to pay (62 percent).

*Allocating more of the federal budget to Medicare even if it reduces money for other programs (61 percent).

On the other hand, they reject four others:

*Increasing the amount working people pay for Medicare through the payroll tax (30 percent).

*Gradually raising the eligibility for Medicare from age 65 to 67 28 percent).

*Creating a new tax on health insurance policies and devoting funds to Medicare (24 percent).

*Increasing out-of-pocket costs to Medicare recipients (18 percent).

Prescription drug usage is widespread among Californians. Two-thirds of adults (67 percent) and three-quarters of voters (75 percent) report that they have used doctor-prescribed prescription drugs in the past year. Although prescription drug usage is most prevalent among seniors age 65 or older (87 percent), a majority (52 percent) of younger Californians age 18-29 also reports using prescription drugs in the past year.

Among Californians currently covered by some form of health insurance, 86 percent report that their health plan pays for at least part of the costs of prescription drugs, while just 11 percent report no prescription drug coverage.

The survey finds that access to care affects large proportions of Californians either directly or indirectly. For example, over the past two years 45 percent of adults and 39 percent of voters report that they have personally gone without health insurance or are financially responsible for a child or other adults who have gone without insurance.

Despite the problems associated with the health care system, over two in three Californians (68 percent) report being very or somewhat satisfied with the health care they currently receive, while just 14 percent are dissatisfied. Another 18 percent are neither satisfied nor dissatisfied or have no opinion.

Medicare recipients as a group are the most satisfied with the care that they receive, with 86 percent expressing satisfaction with their current health care services and just 8 percent dissatisfied.

Teen Workshops for Writing at Main Library

Youth Speaks offers free creative writing workshops for teens ages 14-19 on Tuesday Nov. 7, 14, 21 and 28 on the third floor of the Main Library's conference room from 4-6 p.m. For more information, call 661-6927.

Recycling in San Francisco

by Stefanie Pruegel, Asst Outreach Coordinator, S.F. Recycling Program

Can I recycle milk cartons and drink boxes?

Milk cartons are made of bleached paper that is coated with plastic to make them "liquid-tight." Since these cartons are not air-tight, they requires refrigeration, just like the #2 plastic bottles generally used for milk. Aseptic drink boxes (like those containing juice, soymilk and soup) are made of a "sandwich" of polyethylene plastic, paperboard, and aluminum foil. The aluminum foil layer acts as a barrier against air and light which makes it possible to keep the contents unspoiled for a year or more without refrigeration.

On average, drink boxes contain 70 percent paper to provide the stiffness and strength of the block shaped package. This paper is of a very high quality and can be recycled into high-grade printing and writing paper, tissue and toweling.

However, the recycling process is difficult. While uncoated paper products, such as newspaper and cardboard, turn into pulp fairly easily when agitated with water, milk cartons and drink boxes require a process called hydrapulping to separate the paper from layers of plastic and foil. For regular paper mills that recycle uncoated mixed paper and are not equipped with hydrapulpers, milk cartons and drink boxes are contaminants that have to be removed from the recycling process.

Unfortunately, even when these containers are recycled and the paper fiber is recovered, the 30 percent of plastic and foil remaining goes into low grade recycled plastic lumber at best or is simply landfilled.

Milk cartons and drink boxes are typically sorted by hand from other materials. Glass bottles and jars, aluminum and tin/steel cans and #1 and #2 plastic bottles are generated at higher rates than milk cartons and drink boxes. Milk cartons represent less than 0.5 percent of all municipal solid waste, and drink boxes account only for less than 0.03 percent. Only about 2 percent of all drink boxes produced are currently being recycled. The cost of equipping and staffing a station on the sorting line, plus the cost of shipping a comparatively small number of bales to a paper mill located no closer than the Midwest, will simply not be offset by the money the material sells for. In many municipalities that currently accept milk cartons and drink boxes in their curbside program, these containers end up in the mixed paper where they are considered contamination. The probability that they get recycled is rather slim.

Another approach to recycling at least the milk cartons that San Francisco may soon be experimenting with, is composting them along with yard trimmings, food scraps and other soiled paper. While paper fiber is easily composted, the plastic layer would remain and would be screened out before the compost is marketed. So, are milk cartons and drink boxes environmentally poor choices? If you just look at the current recycling situation, particularly here in San Francisco, it would be better to look for alternatives, with buying milk in reusable glass bottles and #2 plastic bottles that are currently recycled in the curbside program being second best. However, there are other environmental advantages to coated cartons.

For example, soymilk and juice packed in aseptic drink boxes stored without refrigeration helps save energy both at the store and at home. These block shaped containers are also lighter and take up less space than glass or plastic bottles which saves fuel when transported. On the other hand, a look at the market shows that most drink boxes contain a fairly small amount of product per pound of packaging material and are often shrink-wrapped together with individually-wrapped plastic straws. To avoid such excess packaging, no matter what material it is made of, make your own individual servings by buying in bulk and filling small reusable containers such as a thermos. You will not only conserve resources but also save money!

If you have questions or article ideas that you would like to see in coming issues, please call (415) 554-3400 or e-mail sfrecycle@ci.sf.ca.us

Recycle Your Old Computers!

These stores will now accept your old computers for recycling:

CBE Systems
643 Clay. St., (415) 956-5524

Central Computer Systems, Inc.
837 Howard St., (415) 495-5888

Compu-Data
22 3rd St., (415) 495-3422

D-Net Computer
3400 Geary St., (415) 668-9311

First Computer
467 Pine St., (415) 981-6666

P C Express
101 Spear St., (415) 957-9952

You can also bring old computers directly to the following recyclers:

Community Computer Center
1465 Donner Ave., (415) 822-4144

HMR
435 23rd. St., (415) 647-6071

SFUSD Computer Recycling Center
1700 - 19th St., (415) 643-6200

Valley Electronics
631 Giguere Ct., Ste. 5A. San Jose, (408) 416-0021

This FREE program for residents and small businesses is made possible by the participating computer stores and recyclers.

CITY AND COUNTY OF SAN FRANCISCO
sfrecycle.org
(415) 554-RECYcle

Valley Residents Challenge District 10 Candidates

From Page 1

Linda Richardson: "When I talk to the residents and merchants of Visitation Valley. I hear over and over again that people want economic development in their neighborhood. However, this development must be designed with the neighbors in mind. If a modified Home Depot is to be successful at this site, it must be developed in accordance with the needs and desires of the local people. I do not support the original Home Depot proposal."

Jim Rodriguez: "I believe the Home Depot should be built, but to a smaller scale. The Home Depot can serve as an anchor store, which will accommodate a Town Center as proposed by Vision and the Visitation Valley Planning Alliance. The Town Center will have, among other things, a university extension program center, daycare, ESL classes, and an open park area. These are much needed."

Larry Shocked: "I fully support the community's plan for a smaller Home Depot which includes mixed commercial uses which will benefit the community."

Hubert Yee: "60 percent of the people in a community meeting wanted the store. The people have spoken. I support a small store that will allow land for the community to use. I want Home Depot to be socially responsible for the impact it will have on our community. Traffic is of concern to many residents."

What are the candidates going to do to include public housing residents and the sites that are within District 10. We have four large communities within District 10. What changes are going to be made to ensure that public housing residents get quality service in San Francisco, economically and socially?

Espanola Jackson: "You have more than 4 large communities in District 10 - you have Sunnyvale, Alice Griffith, Potrero Hill, Hunter's View, Westbrook, and Hunters Point, all of which are large. Unlike so many others, I am not fooled when I read about the "great improvements" at the San Francisco Housing Authority. I know we can deliver better safety, maintenance, and law enforcement to our low-income residents, and that every new year doesn't have to bring another scandal to shame us all as San Franciscans. The Board of Supervisors has the option to take back the housing "authority" from the agency if it fails to do its job, and I believe it' s time that we investigated that option."

Dwayne Jusino: "Stemming the tide of neighborhood gentrification is one of my primary concerns motivating my candidacy. Our current Board of Supervisors and Planning Commissioners have marched lock-step to the tune of old-styled political patronage and paybacks; the horrific result is a tidal wave of overpriced, runaway development that is not only transforming the character our neighborhoods, but also forcing our working class families out. I support a managed development process that is keyed to neighborhood interaction, making the City and Community actual partners in commercial and housing development ventures; this approach proved quite successful for the City of Hartford, Connecticut, and they were not financially flush as our city is today. The "Plan" calls for: Stabilizing the housing market forces, that are driving out our working class families, by expanding the housing stock. To accomplish this end, I support a community inclusive policy for affordable home ownership (with special assistance for first time buyers) through a "Municipal/Community Partnership" program to develop low density/low cost housing. This approach can be adapted from the extremely successful "Nehemiah Project" employed in Brooklyn, New York; over there community leadership raised funds for a revolving interest free construction fund and in turn the City subsidized each house with a loan, repayable upon resale, and also deferred property taxes for a reasonable period. The "Project's" result was the creation of a substantial affordable housing stock, directed towards both moderate and low income residents; 40 percent of the new home owners came from public housing, which in turn freed up public housing units for those people stuck on waiting lists."

J.R. Manuel: "Currently, public housing residents are treated deplorably by the current administration. Many of the properties are not well maintained and the residents' aggressive behavior may be in part due to the depressing environment in which they are forced to live. I am currently working on ways and means where the residents may transfer their public housing subsidy into a mortgage type payment towards ownership of their unit rather than being displaced when private developers come in and redevelop the properties, as is the impending plan. I am also working with public housing residents in various areas throughout the City towards improving their conditions and fighting for better services. Two of these groups, The San Francisco Tenant Associations Coalition and Alliance For A Better District 6, endorse and support me. I am also involved with HOT, Home Ownership for Tenants. I truly believe that the best form of rent control is through ownership and the best way to ensure a better environment and better services is through ownership. With ownership rights, the residents will be able to establish what services they receive and cut out the red tape of third parties who don't live in these [illegible], don't know what it is like to live in these areas and don't care about these areas or the people who live there."

Linda Richardson: "I have long been an advocate of residents of public housing. By listening to the concerns of pubic housing residents, I know that they want job training, childcare, recreational opportunities, and increased safety. If elected, I intend to develop more employment training centers on site at public housing facilities. Finally, I intend to work hard to make sure that residents of public housing feel fully integrated in the neighborhood in which they live."

Jim Rodriguez: "Actually, many changes are already occurring. Newly constructed public housing and existing housing should include community support groups that assist public housing residents in childcare assistance, job training and welfare assistance. As your supervisor, I need to make sure those services are being rendered fairly and adequately."

Larry Shocked: "Services, and access to those services is a key to my campaign. Transportation, shopping, jobs and housing are all important issues. I propose to establish "one stop" centers where residents in the district can go for information about jobs, housing, training and other services."

Hubert Yee: "I spoke about the evolution of higher social services. We in the beginning see each community service organization work on its own to help the community. We need in District 10 to push for the next level of evolution were these organizations need to share their resources. We will find that needs will be better met. Community access centers will be vital to public housing. The centers will offer opportunities for people to enhance their skills and increase their incomes."

With 12 candidates running for supervisor in District 10, there is a good chance for a runoff election on Dec.12. Although it is now too late to register for the Nov. 7 election, voter registration forms are still available at both the Visitation Valley Community Center (66 Raymond Ave.) and the Village (333 Schwerin St.) for the Dec. 10 runoff and must be received by the Department of Elections no later than Nov. 10.

Arsenic To Zinc: Our Life Giving Minerals

(NAPS) The human body depends on minerals to function properly. While some synthetics are used, many of the nutritional supplements and medicines that keep us healthy are made with minerals mined from the earth.

In the early 18th century, babies fed with silver spoons were healthier than those fed with spoons from other metals and silver pacifiers found wide use in America because of their beneficial health effects.

Silver is increasingly being tapped for its bactericidal properties and it is used in treatments for conditions ranging from Legionnaires' disease to helping to grow new skin in severe burn cases.

Silver is not the only mineral to offer beneficial health properties.

Gold is an anti-inflammatory that can be used in dentistry, eye surgery, lasers and the treatment of rheumatoid arthritis; gold vapors are used to treat cancer.

Calcium, a major component in limestone, is involved in hundreds of metabolic processes such as blood clotting, hormone regulation and heart functions.

Copper is needed to prevent deficiencies that could result in anemia, nervous disorders, high cholesterol, heart conditions and skeletal damage.

Arsenic, long regarded as a deadly poison, is a micromineral still used today for the systemic treatment of sleeping sickness and amoebic diseases.

Zinc is critical to the production of white blood cells that regulate the immune system.

Other minerals that we know less about but still help us stay healthy are barium (contrast medium for X-rays), bismuth (digestive tract), gypsum (calcium and sulfate source), lithium (depression), mercury (antiviral), nickel (cell functions).

Mineral reactions are critical to the release of energy from the food we eat, and the health of every organ and cell in the body.

At least 100 milligrams or more of calcium, chloride, phosphorus, potassium, sodium and magnesium are required on a daily basis according to the National Research Council.

If you are thinking about taking mineral supplements, study the federal government's recommended dietary allowances before doing so.

Although minerals are obtained through the food we eat, the supplements we take, and the medicines that heal us, they are ultimately derived from the rocks on our planet-often from mined sources.

The National Mining Association (NMA) educates thousands of teachers, so they can teach their students, about the importance of minerals and mining to society.

For information about the National Mining Association educational programs, you can call 202-463-2665.

Could it be a Stubborn Cold or Sinusitis?

(NAPS) When cold or allergy symptoms won't go away, you may be suffering from a more serious condition: sinusitis.

Experts estimate that 37 million people are afflicted with sinusitis each year, making it one of the most common health conditions in America.

"Sinusitis is an inflammation of the membranes within the sinuses, and can be brought on by a number of things including allergy which causes stagnation of secretions, congestion and a perfect breeding ground for bacteria," said Richard Mabry, M.D., Professor, University of Texas, South Western Medical Center, Dallas.

Because symptoms closely mimic those of a bad cold or an allergy attack, patients may suffer from symptoms longer than necessary before seeing a doctor.

To address the problem, experts recently gathered to release new diagnosis and treatment recommendations published in Internal Medicine News and Family Practice News.

The recommendations call for physicians to follow certain guidelines for diagnosis and treatment. First, it is important that they take a thorough patient history (whether the patient has a history of allergies or not).

Second, physicians should use diagnostic tools such as cultures and endoscopy to determine whether an infection is indeed bacterial or viral. Finally, they should adopt a more conservative approach to treatment, ensuring that antibiotics are used appropriately and for bacterial infections only.

Seasonal allergy sufferers who experience symptoms such as sinus pain, fever, and severe headaches for more than seven to ten days may have sinusitis, and should see their doctors for proper diagnosis and treatment.

As with all medications, individuals may experience side effects. In clinical trials with Avelox, most common adverse events were nausea (8 percent), dizziness (3 percent), headache (2 percent), abdominal pain (2 percent), and vomiting (2 percent). Avelox has been shown to prolong the QT interval of the electrocardiogram in some patients.

The drug should be avoided in patients with known prolongation of the QT interval, patients with uncorrected hypokalemia and patients receiving Class IA or Class III antiarrhythmics. Avelox should be used with caution when given concurrently with other drugs that prolong the QT interval.

As with all quinolones, Avelox should be used with caution in patients with known or suspected central nervous system disorders or in the presence of other risk factors that may predispose to seizures or lower the seizure threshold.

Avelox is indicated for the treatment of common respiratory tract infections (RTI), including acute bacterial sinusitis due to Streptococcus Pneumoniae, Haemophilus Influenzae, and Moraxella Catarrhalis.

San Francisco Creates Department of Child Support Services

San Francisco became the first county in California on Oct. 19 to reorganize its child support programs into a new Department of Child Services.

Child Support Reform legislation was introduced last year by State Senator John Burton and Assemblywoman Sheila Kuhle to improve and standardize services throughout the state. The act will be fully implemented by the end of 2002.

Under the direction of the California Department of Child Support Services, the county offices will help to establish paternity for children born out of wedlock, locate absent parents, obtain and modify child support, and enforce child support orders. Child support services are available without charge, whether or not parents and their children receive public assistance.

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The Rev. Dr. Jerry O. Resus, Minister

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Friday Bible Fellowship: 7:30 p.m.
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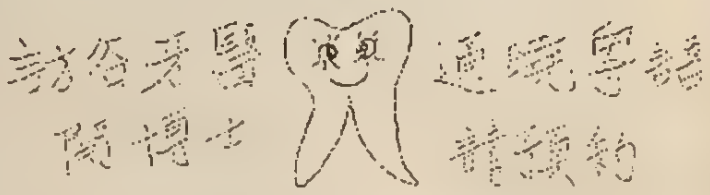

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Pizza Facts and Fancies Through the Ages

(NAPS) Any way you slice it, when it comes to agreeing on food the entire family can enjoy, pizza is tough to top.

Americans eat about 100 acres of pizza everyday. That translates to more than $18 billion worth of freshly made pizza each year.

Part of what makes pizza a favorite food is that it appeals to all ages. Young people ages 13 to 24 make more than two million pizza purchases each year. In a Gallup poll, children ages three to 11 reported that they preferred pizza over chicken nuggets and other classic fare, such as hot dogs.

Here are a few fun facts from Pizza Hut to help you and your family become instant pizza experts:

*The word "pizza," which comes from an old Italian word for "a point," first appeared in about 1000 BC.

*The tomato-a key pizza ingredient was first introduced to Italy from South America in 1522.

*The first pizzeria opened in Naples, Italy, in 1830. The first delivery took placed in 1889 when a tavern owner delivered a pie containing tomatoes, mozzarella cheese and fresh basil to King Umberto I and Queen Margherita of Savoy. Legend has it that it was the Queen's favorite kind of pie.

*The first Pizza Hut "Red Roof" opened in Wichita, KS in 1958 by two brothers who were still in college. They borrowed $600 from their mother to open the store.

*Considered to be the world's largest pizza restaurant chain with 12,000 restaurants in more than 90 countries, each year Pizza Hut uses 2.5 percent of all the milk produced in the U.S. to make cheese. That's 360 million pounds of real cheese each year.

When the weather turns cooler, families and friends usually move inside and continue their search for the perfect food for fall gatherings.

For many, that choice is pizza, particularly since there seems to be a style of pizza for just about everyone's taste.

Pizza Hut has even created a "pizza inside a pizza" to go along with this seasonal move inside.

Called *The Insider*, it features a blend of six cheeses-parmesan, romano, mozzarella, jack, provolone and cheddar-packed inside two thin, crispy crusts topped with your favorite toppings.

If you'd rather make an at-home version of The Insider, here's an easy recipe courtesy of Pizza Hut.

A Pizza Inside a Pizza

2 cans refrigerated pizza dough; 1 jar of your favorite pizza sauce; 3/4 cup shredded mozzarella cheese; 2 cups shredded mozzarella cheese; 3/4 cup shredded Monterey Jack cheese; 3/4 cup shredded cheddar cheese; 3/4 cup shredded Provolone cheese; 2 tablespoons grated Parmesan cheese; 2 tablespoons grated Romano cheese; toppings of your choice.

1. Preheat oven to 475 F for 30 minutes.

2. On a lightly floured surface, unroll pizza dough. Using a rolling pin dusted with flour, roll dough to 1/4" thickness. Place dough in well-greased 12" perforated pizza pan. Trim dough with knife or pizza wheel to fit inside diameter of pan. Pierce dough with fork every 1/2" to prevent air bubbles.

3. Prebake dough for 5 minutes. Remove crust from pan and place on wire rack to cool.

4. Repeat step 2 for remaining uncooked dough, but this time trim excess dough by rolling a rolling pin over the top edge of the pan to form a lip on the crust. Pierce with a fork as stated above.

5. Combine cheeses (reserve 2 cups mozzarella for the top) in a bowl and distribute evenly on the dough.

6. Place prebaked crust in the center on top of the cheese blend.

7. Spread 1/2 cup of pizza sauce to edge of prebaked crust.

8. Distribute toppings evenly on top crust starting with meats then vegetables.

9. Cover with remaining 2 cups mozzarella cheese.

10. Bake for approximately 12-15 minutes or until cheese is melted and golden brown.

11. Remove from pan, cut and serve.

Grants for Public Housing Families, Elderly and Disabled

WASHINGTON – U.S. Housing and Urban Development Secretary Andrew Cuomo on Oct. 11 awarded more than $30 million in grants that will help families, the elderly and disabled in public housing be more self-sufficient. California is among 38 states that will be receiving the awards.

Cuomo said that the grants will either help family members find jobs or provide support services to elderly and disabled residents.

"We all sometimes can use a helping hand," Cuomo said. "These grants will provide that helping hand to public housing residents who want to be independent and self-sufficient."

The grants are being awarded to either public housing authorities and resident organizations or non-profit organizations acting on behalf of residents by HUD's Resident Opportunities Self Sufficiency -- or ROSS -- program.

Activities funded for families include: providing job and business development training; developing methods to link residents to jobs with specific employers in specified fields; creating credit unions; and providing support services such as child care, transportation, and family counseling.

For the elderly and persons with disabilities the funded activities include: providing personal assistance with daily activities; providing transportation to medical appointments, shopping, etc.; establishing health and wellness programs in the community; and implementing physical improvements to provide space for support services.

Ways in Keeping Loved Ones Healthy

(NAPS) Aging parents have always been a cause of concern for their children. As our loved ones grow older, they become more prone to falling ill.

For many of us, this brings about a sense of feeling powerless as we see our parents lose their ability to fight off illnesses quickly.

But while there is little we can do to help our elders once they fall ill, a new study has found that there is a way we can help reduce how often they get sick.

A recent study found that a carefully regimented disinfecting program together with regular hand washing can help reduce the rate of respiratory infections.

The study, conducted over the span of two years and published in the February edition of the American Journal of Infection Control, indicated that a reduction in upper-respiratory tract infections, which could lead to serious complications in the institutionalized elderly, may result when a proper disinfection regimen is employed in Long Term Care Facilities. Overall, the study recorded a decrease of 25 percent in the number of upper-respiratory infections.

"The elderly, especially those in a Long Term Care Facility, are more prone to falling ill," says Joe Rubino, microbiologist with Lysol Brand products, which conducts significant studies on infection control. "They have a lower level of immunity, and their closer level of contact means that viruses can spread very quickly, from one person to another. It is therefore very important to regularly disinfect and wash hands to stem the spread of viruses."

Cold-causing germs like the Rhinovirus are spread principally through contact with the contaminated hands of a person with a cold, or contact with surfaces and objects touched by these people.

The virus is unsuspectingly picked up on the hands and then introduced to the eyes and nose. Through regular hand washing, germs are routinely removed from hands, while disinfecting surfaces reduces the chances of picking up new viruses.

Bart Astor, the author of "The Baby-Boomer's Guide to Caring for Aging Parents" notes that cleanliness, with the exception of truly unlivable spaces, is an issue many people overlook when choosing a care facility for their parents.

"Many believe that all homes are the same and therefore focus on other issues such as costs and medicare policies," he says. "But not all homes are the same. When choosing a home, you want to choose one that has the highest standards of cleanliness and that uses a regular disinfection program, such as the one used during the Lysol study. This will give your parents and loved ones a head start in staying healthy in their later years."

The results of the study, however, are applicable beyond in long term care facilities. "They are applicable to the home environment as well," says Rubino. "Through a proper disinfection and hand washing regimen, Rhinovirus and other cold-causing viruses that cause upper respiratory tract infections may be contained and help reduce the spread of the virus in the home."

To obtain additional information on how to help avoid the common cold, or for tips from Bart Astor about how to choose a Long Term Care Facility, call The Healthy Home toll-free hotline at 1-800-99-LYSOL.

News, features and history from past issues of Visitacion Valley Grapevine can be found on the Web at http:/home.earthlink.net/ ~ visvalley

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"Above all else, I want to make sure the residents and neighborhood businesses of District 10 have the opportunity to participate in the planning decisions that affect our everyday lives.

Far too often our needs and concerns are ignored at City Hall. When I'm your Supervisor, that will stop!"

– SOPHIE MAXWELL

MY COMMITMENT TO OPEN, ACCESSIBLE GOVERNMENT FOR EVERYONE means that my City Hall and District offices will provide services to San Franciscans whose English language skills may be limited. I will recruit staff and volunteers able to communicate in the native languages of the people of my District, including Chinese, Spanish, Tagalog and other languages, as necessary. As your Supervisor, I will insist that all city agencies, especially the Police Department, Emergency Services and job training programs improve their multilingual capabilities.

我將致力為每一個人推動一個公開的政府，也就是說我在市府和地區的辦事處將會服務不語英語的三藩市居民。我將招募通曉這個選區居民的語言的職員和志願工作者，提供華語、西班牙語、菲律賓語或其他必需語言服務。身為大家的市參事，我將堅持所有的政府部門，特別是警察部的緊急服務部門和就業訓練計劃，改善多種語言服務。

Mi compromiso de abrir el gobierno á todos quiere decir que las oficínas de la Alcaldia y Los Distritos estarán abiertas á todos incluyendo esos ciudadaños de San Francisco que tengan Limitaciones en Ingles. Yo empleare como parte de mi equipo personal capacitados de espresarse en la lenguas natíva de mi Distrito: Chino, Español, Tagalog y otras lenguas necesarías. Como su Supervisor, yo voy á insistir que todas las agencías de esta ciudad, especialmente La Polícia, Servicios de Emergencía y los que administran programas de entrenamiento para trabajo mejoren sus capacidades multilingues.

Sinisikap ko na magkaroon ng isang gobyerno na bukas sa lahat kaya gagawin ko na ang mga opisina ko sa City Hall at sa Distrito ay magkakaloob ng mga sebisyo sa mga mamayan na hindi nakakapagsalita ng wikang Ingles. Hahanap ako ng staff at mga volunteers na kayang magsalita sa lahat ng wika ng mga mamamayan sa Distrito ko katulad ng Intsik, Kastila at Tagalog at kung ano pang wikang kailangan. Bilang Supervisor ninyo, igigiit ko sa lahat ng mga katungkulan ng lunsod na pabutihin ang kakayahang magsilbi sa iba't-ibang wika lalo na ang Police Department Emergency Services at ang job training programs.

San Francisco Chronicle
endorses Sophie Maxwell for Supervisor

TO VOLUNTEER, CALL 821-4007
www.maxwellforsupervisor.com

Sophie Maxwell

for **SUPERVISOR**

Grapevine Puzzler Winningest NBA Coaches

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C	X	S	W	Q	W	R	T	N	D	F	H	C	A	B	R	E	U	A	B

Lenny Wilkens	Jack Ramsay	Jerry Sloan	George Karl
Pat Riley	Cotton Fitzsimmons	Chuck Daly	K. C. Jones
Bill Fitch	Doug Moe	Gene Shue	Mike Fratello
Kevin Loughery	Red Auerbach	John MacLeod	Alvin Attles
Alex Hannum	Dick Motta	Red Holzman	Del Harris
Billy Cunningham	Don Nelson	Phil Jackson	Larry Brown

Historic Proportions

Match clues to answers.

1991

1. First free elections May 13 for this country in 32 years.
2. Dictator flees country on Jan. 27.
3. Operation Desert Storm liberated this country on Feb 28.
4. Last flight Dec. 4 of once mighty airline giant.
5. Nation ceased to exist after Dec. 25.
6. Volcano erupted June 15 in the Philippines.
7. Mysterious drowning of British publisher in early September.
8. U.S. government announced in July it would cease building these.
9. World Series champs in October.
10. Soviet Union announced it would pull 11,000 troops from this country.
11. On Oct. 1, this city changed its name back to St. Petersburg.
12. Horrifying tragedy struck Oakland and Berkeley hills on Oct. 20.
13. Last U.S. hostage was freed Dec. 5 from Lebanon.
14. Country decided Aug.10 to send thousands of refugees back to Albania.
15. Six Oscars for this movie at the Academy Awards on Mar. 25.
16. Four Los Angeles police officers were indicted by this video of a beating on Mar. 3.
17. Winners of Super Bowl on Jan. 27.
18. Elected president in Poland on Dec 9.

A. Leningrad
B. Space shuttles
C. Nepal
D. Minnesota Twins
E. Firestorm
F. New York Giants
G. Lech Walesa
H. Kuwait
I. Robert Maxwell
J. Rodney King
K. Dances with Wolves
L. Pan Am
M. Italy
N. U.S.S.R.
O. Terry Anderson
P. Somalia
Q. Cuba
R. Mount Pinatubo

Answers: 1-C, 2-P, 3-H, 4-L, 5-N, 6-R, 7-I, 8-B, 9-D, 10-Q, 11-A, 12-E, 13-O, 14-M, 15-K, 16-J, 17-F, 18-G.

Sez Who?

Match quotes to speakers.

1. "There is one thing certain, namely, that we can have nothing certain; therefore it is not certain that we can have nothing certain."
2. "The government's like a mule, it's slow and it's sure; it's slow to turn, and it's sure to turn the way you don't want it."
3. "He that not gives the advantage to the danger."
4. "When you jump for joy beware that no one moves the ground from beneath your feet."
5. "It is only a moment there and a moment there that the greatest writer has."
6. "All art constantly aspired to the condition of music."
7. "So absolutely good is truth, truth never hurts the teller."
8. "To know is nothing at all; to imagine is everything."
9. "The blazing evidence of immortality is our dissatisfaction with any other solution."

A. Stanislaw Lee
B. Anatole France
C. Robert Browning
D. Ellen Glasgow
E. Walter Pater
F. Ralph Waldo Emerson
G. Francis Quarles
H. Samuel Butler
I. Robert Frost

Answers: 1-H, 2-D, 3-G, 4-A, 5-I, 6-E, 7-C, 8-B, 9-F

Five Years Ago In the Grapevine

NOVEMBER 1995

*A *Family Math Night* at Visitacion Valley Middle School was scheduled for Nov. 2.

*Visitacion Valley Task Force members approved an agenda of five prioritized neighborhood benchmarks – including after school programs, increased childcare, job training, economic development, and expansion of ESL programs – at an Oct. 28 meeting.

*Friends and neighbors helped in cleaning and planting a community garden Oct. 21 at Visitacion Valley Elementary School.

*Schedulers at Coffman Pool planned a senior swim period.

*A police officer from Ingleside Station making an arrest in Sunnydale suffered facial injuries Oct. 10 after being struck by a heavy object.

Sump, the Grump

As a Matter of Fact

*In Scotland it's believed by some that an itching nose means you will receive a letter.

*The orange is actually a type of berry.

*Some say that a potato should be planted on a starry night to guarantee plenty of eyes.

*In some parts of Ireland a stone or pebble boiled in the pot with potatoes is believed to have great curative powers.

*The first U.S. patent awarded for a plant was given to Henry F. Bosenberg for a climbing rose called New Dawn, which blooms successfully throughout the season.

*The first automobile service station opened on Dec. 1, 1913 in Pittsburgh, PA. It sold 30 gallons of gas the first day.

*At one time in China the peach was considered an emblem of long life and immortality. It is also the emblem of the bride.

*Fido, at one time a common name for the family dog, comes from the Latin word *fidus*, meaning faithful.

*The word *cockles* in the phrase *warm the cockles of one's heart*, comes from the Latin phrase *cochleae cordis*, meaning ventricles of the heart.

*A single-breasted, velvet-collared topcoat is called a chesterfield, after the fourth Earl of Chesterfield.

*The first pencil with an eraser artached was patented in 1858. The patent was awarded to Hyman L. Lipman of Philadelphia.

*In circus jargon balloons are called bladders.

*In ancient China a pearl was regarded as a charm against fire.

*Some believe that locking the fingers together and pulling on them will stop an owl from hooting.

*Some cultures believe pearls were created when oysters swallowed raindrops.

*In the Middle Ages, you were supposed to throw eggs at the bride and groom.

*In Europe, the plant the pimpernel is credited with the power to move against the current of running water and with giving someone second sight.

*The first bifocal eyeglasses were created by Benjamin Franklin.

*In Japan the peach is the symbol of fertility.

*The first municipal orchestra supported by taxes was the Baltimore City Orchestra, formed in 1915.

*The word boondocks comes from the Tagalog word *bandok*, which means mountains.

Helpful Hints

by Pat Crocker

*Sandpaper puts the fine sharp edge back on your scissors. Simply snip through a piece of sandpaper several times.

*To remove coffee or tea stains inside your teapot or mugs, simply rub on baking soda.

*To clean wood floors, mix a 1-1 ratio of vegetable oil and vinegar. Rub in well.

*To clean stains in marble, use vinegar or lemon juice, but leave on for only one minute. Wipe clean.

*Dull looking tub and sink fixtures? Apply rubbing alcohol with a cotton ball. Rub on, rinse, shine.

*If your sink is clogged with grease, pour down a cup of baking soda and a cup of salt. Add boiling water.

*Rust spots on stainless steel will disappear by rubbing on lighter fluid.

*Lighter fluid removes sticky stuff -- tape, glue, price tags, etc.

*Club soda or vinegar will shine your stainless steel.

*Spread kitty litter on garage floor to absorb oil/grease.

*Your fireplace inside and out should be inspected and professionally cleaned (depending on use) at least every three years. Creosote accumulation is dangerous.

*Vaseline, when rubbed well on wood furniture, will remove water (glass ring) stains.

*Put candles in the freezer before burning them; they won't drip as in a much and will last longer.

*Clean your telephone ear/mouth area with rubbing alcohol.

*Envelopes sealed with egg white cannot be steamed open.

*Revitalize a sour sponge by saturating it with lemon juice.

*Clean artificial flowers/plants by shaking them in a large paper bag filled with ½ cup of salt.

*A great way to clean dusty house plants is to use a damp paint brush. Do not touch plants with your hands, ever.

*Sore, tired feet? Soak them in peppermint tea. Ahhh...

*Replace your toothbrush four times a year. Really.

Make Fast, Easy Snacks In Less Than 20 Minutes

(NAPS) Fruitlings, those brightly-colored, healthy little tidbits of dried fruit, are appearing in the best snacks. With everyone trying to be more active and eat more healthfully, snacking can either be your best friend or your worst enemy. Fruitlings Crispy Crunchlings are the answer. These light, crunchy whole grain cereal bars are easy to make, require no baking and can go anywhere-on a hike, in a brown bag lunch or off to the park.

Fruitlings are moist, chewy and bursting with incredible flavor combinations like cherry-berry, plum-passion and cranberry orange. The different flavors offer a wide array of naturally occurring nutrients including antioxidant vitamins A and C, dietary fiber, potassium and iron. Packed with energy-boosting goodness, Fruitlings are a great snack right out of the bag or added to trail mix, peanut butter or sprinkled on yogurt for a delightfully unique flavor twist and a real health plus. For other great snack ideas and recipes, visit the Sunsweet website at www.sunsweet.com or call 1-800-417-2253. Try these snack tips, then let your imagination run wild-you'll be surprised how many great snacks you can create with Sunsweet Fruitlings.

Fruitlings Crispy Crunchlings

2 cups crispy rice cereal; 2 cups multi-grain cereal; 1 package (5 oz.) Sunsweet Fruitlings; ½ cup chopped nuts, suggestions follow, toast nuts if desired; 3 tablespoons butter or margarine; 32 regular marshmallows; 3 tablespoons peanut butter (optional).

Mix cereals, Fruitlings and nuts in large bowl. Melt butter (and optional peanut butter) in large saucepan over low heat. Add marshmallows and stir with wooden spoon until melted. Remove from heat. Stir in Fruitling mixture. Press into greased 13-x 9-inch baking pan. Cool. Cut into 16 or 24 pieces. Store in airtight container.

Fruitlings and Nuts Suggestions: Cherry-Berry, Cranberry-Orange or Apricot Fruitlings with chopped almonds, pecans or pistachios; Plum Passion Fruitlings with chopped pecans or almonds; -Island Mix Fruitlings with chopped peanuts or cashews.

Nutrients per serving (24): Calories 103; Protein 1g; Fat 3g; Carbohydrate 18g; Cholesterol 4mg; Dietary Fiber 1g; Sodium 75mg.

More Great Snack Tips

*Blend your favorite Sunsweet Fruitlings with plain or flavored cream cheese and sandwich between toasted waffles or a bagel. Drop in a briefcase and go!

*Make snack bags for hikes, park treats and afternoon breaks. Start with Fruitlings and add fish-shaped or other small crackers, pretzels, cereal squares, nuts or mini rice cakes.

*Keep that afternoon sweet tooth in check with a collection of nutritious Sunsweet Fruitlings stashed in your glove compartment, purse or desk.

*For a heartier snack, blend Sunsweet Cherry-Berry or Island Mix Fruitlings into a chocolate pudding cup. Or try Apricot, Plum Passion or Cranberry-Orange Fruitlings in a cup of tapioca or vanilla pudding.

*Make eating fruit more fun-pack a snack cup of cinnamon-flavored applesauce and a bag of Sunsweet Fruitlings for "mix-ins."

*Spread peanut butter on crackers, sprinkle with Sunsweet Fruitlings and drizzle with honey. Enjoy as an afternoon snack with a glass of milk.

For other great snack ideas and recipes, visit the Sunsweet website at www.sunsweet.com or call 1-800-417-2253.

Warning: Slow Down, Or Accident Likely

(NAPS) Some stretches of remote roadway seem to attract accidents along the curves. For instance, in five rural locations in California, there were 85 crashes over a five-year period with 37 percent of the crashes involving commercial vehicles. Speeding was the problem.

But advanced surface transportation technologies can help alert drivers to dangerous behavior before it causes a potentially fatal accident, according to the Intelligent Transportation Society of America.

"Intelligent transportation systems are proving they can save lives," said Jeff Morales, director of the California Department of Transportation (Caltrans) and a member of the Board of Directors of ITS America.

To encourage drivers to reduce vehicle speeds, Caltrans installed the state s first Advanced Curve Warning and Traffic Monitoring System at the five locations. In the first seven months of operation, only one accident, which involved a commercial vehicle, was reported.

"At the locations, radar detects a vehicle exceeding the posted speed limit, then a changeable message sign activates a warning message that displays the speed of the vehicle followed by a warning that contains the recommended speed for the curve ahead," Morales explained.

The message signs can also be used to alert drivers to roadway maintenance, construction, and adverse road and weather conditions ahead, he said.

Also, there are two closed-circuit cameras attached at each location. One camera faces upstream to traffic and records the classification or types of vehicles, and monitors speeds. The second camera faces downstream to traffic and serves as surveillance on traffic flow.

Key highway department personnel can receive a warning message via pager if more than five vehicles are travelling less than 35 miles per hour at any of the five locations, which would indicate a potential problem. The closed circuit cameras can then be used to monitor the roadway. And in the event of an accident, appropriate emergency vehicles and personnel can be dispatched quickly.

The Advanced Curve Warning and Traffic Monitoring System won ITS America's "Best of Intelligent Transportation Systems Award for 1999" in the category of applications that save lives.

"Privacy is always a matter of great concern to the ITS industry, California s system does not have the capability to monitor individuals or license plates and no citations are issued as a result of the information gathered," Morales said.

ITS America is an educational and scientific public-private partnership of 1,000 member organizations promoting the use of advanced technologies in surface transportation. For additional information on intelligent transportation systems, write: Communications Department, ITS America, Suite 800, 400 Virginia Ave. SW, Washington, DC 20024-2730. or visit the ITS America Web site at http://www.itsa.org.

Saturdays are Special At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday at 1 p.m. at 199 Museum Way (off Roosevelt, above the Castro). All ages are welcome; under 8 must be accompanied by an adult. The Museum is closed Nov. 11 for Veteran's Day.

Museum admission is free with $4 per person workshop fee (except where noted). Call 554-9600 for further information.

*Nov. 4: **Carnivorous Plants** - Informational programs and a hands-on class.

*Nov. 18: **Stencil T-Shirts** - Design your own stencils and print them on a t-shirt.

*Nov. 25: **Animal Feasts** - Find out what the Museum animals eat (free admission).

ABCs of Batteries: Knowledge is Power

(NAPS) To get the most from your battery-operated consumer electronics, start by selecting the right battery. It's as easy as ABC.

"Knowing what type of battery your product requires is the first step," says Suzanne Haines, senior marketing manager, Battery Sales Group, Panasonic. "The most commonly used batteries to power products are alkaline, super heavy duty, photo/electronic and rechargeable."

Disposable/Single Use Batteries

With the growth of portable, power-intensive consumer electronics, consumers demand batteries that last longer. Alkaline batteries have been improved to meet the needs of today's on-the-go lifestyles. There are two types:

*New Panasonic Alkaline for Digital Electronics batteries are for today's most advanced portable digital consumer electronics products, They give top performance in digital cameras, CD players and handheld PCs.

*Standard alkaline batteries such as Panasonic's Alkaline Plus provide increased power and battery life in 35 mm flash cameras, portable tape players and halogen flashlights.

There are also disposable batteries that provide power for other applications, such as:

*Super Heavy Duty-Super Heavy Duty batteries are ideal to power mid- and low-drain products such as flashlights, portable radios, alarm clocks, radio cassette players, remote controls and toys.

*Photo/Electronic-There are several models of specialty photo/ electronic batteries for cameras. Just check the manufacturer's specifications to choose the right one. Panasonic cross-references battery models on the front of its packaging to ensure accurate replacement.

Rechargeable Batteries

Initially, rechargeables cost a bit more than disposable batteries but, in the long run, save money. All rechargeable batteries work best in *portable CD players, digital cameras,* notebook computers and handheld PCs and games. Panasonic's state-of-the-art nickel-metal hydride batteries last up to 2.5 times longer per charge than standard-capacity nickel-cadmium (Ni-Cd) rechargeable batteries and can be recharged hundreds of times without having to wait for full battery depletion.

Ni-Cd batteries cost less than Ni-MH batteries but, because they have different chemistry, will provide a shorter playtime per recharge.

Knowing which batteries to select is as easy as ABC-and knowledge, like batteries, is power. For additional information, please call 1-800-211-

Five Ways for You to Save on Auto Insurance

(NAPS) To stay on the road to savings when it comes to auto insurance, there are five steps you can take. "Reviewing these five steps could help you save hundreds of dollars on your auto insurance premium," says David Pratt, consumer marketing director for Progressive Auto Insurance.

1. Shop around. The average difference between the highest and lowest auto insurance premium available to the same consumer from different companies is $515 for a six-month policy. Review your coverage occasionally. Talk to companies you recognize, discuss your opinion with an independent agent and get written confirmation of quotes.

2. Don't carry excess coverage. Insurance companies only pay claims equal to a car's actual cash value or market value, so comprehensive and collision coverage may not be worth keeping on an older car that has depreciated. It's generally recommended that you consider dropping collision coverage after four years, or when the collision premium equals ten percent of the car's market value. Understand that by doing so, you will not be covered for damages to your car if it overturns or collides with another object.

One coverage you should NOT try to save money by eliminating is uninsured/underinsured motorists coverage. This coverage protects you if you're involved in an accident with an uninsured driver, or a driver with inadequate limits of liability. You should also he aware that your uninsured motorist coverage WILL NOT pay for damage to your car or your property.

3. Raise your deductible. According to the Insurance Information Institute, raising your deductible from $200 to $500 could reduce your collision and comprehensive cost by 15 to 30 percent.

4. Drop rental reimbursement coverage. This will pay for some or all of your car rental expenses while your car is being repaired or until you buy a new car. Policies and costs vary for this type of insurance, but there are strict limits on the extent of the coverage.

5. Update the information your insurance company has about you. You may be eligible for a rate reduction if you have gotten married, moved to the suburbs, no longer insure a younger driver, installed an anti-theft device or if it has been at least three years since your last traffic violation.

For more information call 1-800-AUTO-PRO, visit progres sive.com or a local independent agent.

Cultural Snapshot of Two Very Different Generations

(NAPS) We've heard the saying, "like mother, like daughter," but a new study, issued by the Wear-Dated brand, reveals women of Generation Y are on their way to making this familiar saying more nostalgic than truthful.

According to the study, daughters of the Baby Boomer Generation are living in a vastly different world than did their Boomer mothers growing up in post-WWII America.

To illustrate these differences, Wear-Dated and Parsons School of Design looked at societal influences on female Baby Boomers (born 1946-1964) and their Generation Y daughters (born 1977-1994).

The study's results have been summarized to compare how a 30-year-old female Boomer lived in 1980 versus how her Gen Y daughter will live when she reaches this same age in 2010.

Career and Family

While Boomers often married and had children in their 20s and didn't enter the work force until their 30s, Generation Y women will make more non-traditional choices. They will wait to marry and build a family, establishing their careers first.

Technology

Generation Y has grown up with the Internet, mobile communications and television, while their Boomer mothers can still remember when digital technology was a futuristic notion.

The lines between work and play will continue to blur with the evolution of portable conveniences, and the technology-oriented lifestyle of Generation Y will produce more knowledgeable and discretionary consumers.

Fashion

The older Baby Boomers were influenced by high fashion as exemplified by Jacqueline Kennedy, however, it was the youth who turned fashion upside down. Whether it was miniskirts, tie-dyes or bell-bottoms, the voice of youth had strength. Fashion to Generation Y means more choices and fewer restraints. Fashion will continue to be influenced by clothes worn by musicians and other pop idols, and work attire for Generation Y will continue to reflect casualness.

Interior Design

Baby Boomers used art to rebel against their parents' tastes; often incorporating rich, earthy colors like yellow, brown and orange. The industrial market created new materials like urethane foam, fiberglass and plexi-glass and designers used these materials to sculpt furniture.

Into 2010, Generation Y will embody independent styles; they will demand multifunctional, compact furnishings, while relying on high-quality fabrics and smooth, rounded elements to soften a high-tech environment.

Want to learn more? A summary of the Wear-Dated study is now available in a free brochure. Call 1-888-FIND-WDT or visit the Website at www.weardated.com.

New Help in the Search for Cures

(NAPS) In the last few decades, medical research has been the source of a lot of good news and with the first mapping out of human genes completed, more good news is expected.

Having unlocked the genetic code, scientists may soon be able to predict a person's susceptibility to a range of diseases and find more effective ways to treat them.

Toward that end, an enormous amount of research is being undertaken by universities (4 percent) the government (1 percent) and pharmaceutical companies (92 percent).

America's pharmaceutical companies have invested more than $84 billion in research over the past decade and continue to invest at a rate of nearly $14 billion a year, 20 percent more than the entire federal budget for the National Institutes of Health.

Perhaps the most progress will be made by the companies with the most resources. One of the companies best positioned to make the most of the wealth of new genetic information is Pfizer, which recently acquired the Warner-Lambert Company.

Pfizer recently opened a new $230 million lab site in Groton, Conn., dedicated to drug discovery.

With the new 585,000 square-foot building, about the size of three Wal-Mart superstores, Pfizer adds more labs to explore the recent rapid advances in genetic research.

"What scientists want is an environment where they can be creative, where they can have access to extensive technologies on an unprecedented scale," said John Niblack, president of Pfizer Global Research and Development.

The merger means the company has the resources to do something no one else has ever done at a time when the opportunities have never been greater.

"Now after our merger with Warner-Lambert, our research budget is more than any other pharmaceutical company in the world and more than the National Science Foundation's entire budget for 2001," said Peter Corr, Executive Vice President, Pfizer, Global Research and Development.

With the scale of Pfizer's new R&D enterprise comes the ability to assemble technological tools and the ability to link experimental results in a way that offers dramatic opportunity for jumps in productivity. Pfizer will leverage the strengths of their new resources and their powerful new technologies to bring new products to patients around the world.

Grapevine Want Ads

VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitacion Valley area Interested persons contact Dee Smith, VVCC After School coordinator: (415) 585-2059.

A LITTLE GOES A LONG WAY. The John McLaren Child Development Center seeks in-kind donations for our newly-created lending library· children's books and magazines; small children's furniture; writing and/or art supplies; educational/cultural games or posters. Thank you in advance for your kindness and generosity! Please send all donations to: John McLaren Child Development Center, 2055 Sunnydale Ave., San Francisco, CA 94134. Call 469-4519 if you would like for us to pick-up any matenals.

BEEN THERE...DONE THAT! The Visitacon Valley Jobs, Education and Training Program (across from the site of the recently demolished Geneva Towers) is accepting TANF and GA clients for "Welfare to Work–Job Readiness Training." Classes are conducted by sensitive community trainers from Visitacon Valley. Got issues? No problem! We'll solve them together as you reach for your own self-sufficiency. Feel comfortable while you're trying to sell yourself into today's labor market. Contact Ann or Mary at (415) 239-2866 or 239-2877.

GRAPEVINE DISPLAY ADVERTISING now half off regular rates through 2000. Full Page: $75; 1/2 Page $40; 1/4 Page $22.50; 1/8 Page $12.50; 1/12 Page $7.50. Discount for three or more insertions Call (415) 467-9300 for more details ***Want Ads:*** 20 words for $1. Extra line 50 cents. Ad and payment should be received by 20th of prior month at Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

November 2000

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San Francisco City Meetings

Aging 1st Wed 9:30a; Airport 1st/3rd Tu 3p; Arts 1st Mon 3p; Education 2 nd/4th Tu 7p; Health 1st/3rd Tu 3p; Housing Auth. 2nd/4th Th 4p; Human Rights 1st/3rd Th 4:30p; Library 1st Tu 5:30p; Planning Th 1:30p; Police Wed 5:30p; Port 1st Tu/3rd Wed 4:30p; Public Utilities 2nd/4th Tu 2p; Rec & Park 3rd Th 2p; Social Services 4th Th 9a, Status Women 4th Th 4p; Supervisors Mon 2p.

Visitacion Valley Community Center

Mondays: Senior Shopping 11:30 a.m.; **Tuesdays:** Senior Ceramics 9:30 a.m.-4 p.m., Senior Bingo 12:30 p.m.; **Thursdays:** Sewing Class 9 a.m.-3 p.m. **USDA Food Distribution Day** is last Thursday of every month.

San Francisco City Services

ABANDONED CARS	781-JUNK
ANIMAL CONTROL	554-6364
BUS SHELTER DAMAGE	882-4949
CITY TREES (trimming)	695-2162
CRIME-STOPPERS (anonymous)	1-800-2GIVEINFO
DOMESTIC/FAMILY VIOLENCE	864-4722
DPW	(days) 695-2017; (nights/weekends) 895-2020
EMERGENCY SERVICES	9-1-1
EMERGENCY SERVICES (cell-phone)	553-8090
GARBAGE SERVICE COMPLAINTS	255-3610
GRAFFITI CLEANUP (DPW)	241-WASH
GRAFFITI SUSPECT INFO	553-1603
INGLESIDE STATION (Anonymous 333-3433)	553-1603
LELAND AVENUE RESOURCE CENTER	585-2675
MAYOR'S OFFICE	554-7111
MAYOR'S NEIGHBORHOOD SERVICES	554-6110
NARCOTICS TIP LINE (anonymous)	1-800-CRACKIT
PARKING AND TRAFFIC PROBLEMS (DPT)	553-1200
POLICE (non-emergency)	553-0123
POTHOLE REPAIR	695-2100
SAFE (neighborhood watch groups)	673-SAFE
STREET LIGHTING CITY (out of order)	554-0730
STREET LIGHTING PG&E (wood poles)	693-3201
SUNNYDALE RESOURCE CENTER	586-7572
TRAFFIC SIGNALS (out of order)	550-2736
TRAFFIC ENGINEERING	554-2300
VVMS ANNONYMOUS HOTLINE	281-8406

Visitacion Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300

AQUARIUMS
ASIAN DISCUS AQUARIUM, 130 Leland Ave., 333-0772

AUTOMOTIVE
BAYSHORE GAS & SERVICE (mechanic), 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE (mechanic) 2596 Bayshore Blvd., 239-5239
CHARLIE'S GARAGE (Charlie Awegh), 2550 Bayshore Blvd., 239-7450
T.W AUTOMOTIVE (mechanic), 2500 Bayshore Blvd., 585-8281
VALLEY AUTO & TRUCK SUPPLY (Bill Conte), 2520 Bayshore Blvd., 239-5880

BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501

BAKERS
CUNEO BAKERY, 96 Leland Ave., 239-6090
LITTLE OUIAPO BAKE SHOP, 169 Leland Ave., 239-2253

BARBERS
DeMASI'S BARBER SHOP, 35 Leland Ave.
THE SHOP (JB), 178 Leland Ave., 239-6709

BEAUTICIANS
ANGEL COIFFURES, 5 Leland Ave., 239-9891
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
McCALL'S FOR HAIR, 3585 San Bruno Ave., 467-7319
MIZ RENA'S SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY (manicunst), 50 Leland Ave., 333-6800
A NEW START HAIR STUOIO (Joyce Hollins), 222 Leland Ave., 584-3077
TAMMIE'S HAIR DESIGN, 3564 San Bruno Ave, 330-9635
WHO'S BACO, 224 Leland Ave., 657-3156

BLIND CLEANING
SPEEDY ULTRASONIC BLINO CLEANING (commercial and residential), 1116 Girard St., 467-7506

BOARDING HOUSE
ABLE'S CASA, 850 Rutland St, 333-4664, fax 333-4693

BOOKKEEPER
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333

CARPETS
HANSAN CARPET ANO BLINO, 41 Leland Ave.

CASKETS
CASKETORIUM, INC., 93 Leland Ave., 585-3451, Cell 722-8500

CHURCHES
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITEO METHOOIST CHURCH, 590 Leland Ave., 239-5457
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISTACON CHINESE BAPTIST CHURCH, 8 Desmond St, 333-4503

CLOTHING
SPONA (designer fashions), 9 Leland Ave., 239-9631

DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500

DEVELOPERS
GENEVA VALLEY OEVELOPMENT CORP., 333 Schwenn St., 587-7895
TUNTEX U.S A., 150 Executive Park Blvd., 468-6676

DISTRIBUTOR
PACIFIC FISH & POULTRY, 2414 San Bruno Ave., 468-2355

ELECTRICAL
TATE ELECTRIC (Joel Tate), 467-4657

FINANCING
ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900

FLORISTS
IL FIORE FLOWERS, 2466 San Bruno Ave. 468-0145

GARDEN ORNAMENTS
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990

GROCERS
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
K.C. MARKET, 400 Wilde St., 467-3024
UTTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHORTS TOP, 2145 Geneva Ave., 585-0878
PICCOLO PETE (deli), 2155 Bayshore Blvd., 468-6800
SAM'S OELI & LIOUOR, 25 Leland Ave., 239-7183
SARI-SARI FOOO STORE, 58 Leland Ave., 239-0580
7-11 (Manny DeLeon), 2200 Bayshore Blvd., 468-8646
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506
SUPER FAIR MARKET, 201 Leland Ave., 239-6856
TEOO'Y'S MARKET, 298 Teddy Ave.
VALLEY SUPER MARKET, 65 Leland Ave., 239-7520

HERBS
KWOK HONG CHINESE HERBS, 57 Leland Ave., 585-8751
SAN ON HERBS, 33-A Leland Ave. 333-7469

HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631

LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave.
CITY WASH INTERNATIONAL, 83 Leland Ave, 333-9467
COIN WASH & ORY LAUNORY, 186 Leland Ave.
FORTY-NINER CLEANERS (David Chan), 51 Leland Ave., 239-6418
LELANO AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNORY, 90 Leland Ave.
VISTACON VALLEY LAUNDRY, 108 Leland Ave., 239-9000

LEARNING
3-N-1 LEARNING ACAOEMY, 240 Leland Ave., 584-8555
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320

LIBRARY
VISTACON VALLEY BRANCH, 45 Leland Ave., 239-5270

LOCKSMITH
M-3 LOCKSMITH, 200 Leland Ave., 587-8403

LODGING
THRIFTLODGE, 2011 Bayshore Blvd., 467-8811

MANUFACTURERS
NATIONWIOE PAPER, 345 Schwerin St., 586-9160

MEDICAL
AMERICAN REO CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 333 Schwenn St., Appointments. 715-0310
OR. SAM HO, MO, 9 Silliman St. No. 4, 337-6135
PORTOLA FOOT & ANKLE CLINIC (Or Divyang Patel) 2858 San Bruno Ave 467-7500

ORGANIZATIONS
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700
GIRLS AFTER SCHOOL ACADEMY, 1652 Sunnydale Ave., 584-4044
JOHN KING SENIOR CENTER, 590 Leland Ave., 239-6233
LELANO HOUSE, 141 Leland Ave., 405-2000
SENIOR CENTRAL DISTRICT 7, 65 Raymond Ave, 330-1789
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499

PHARMACY
VISTACON VALLEY PHARMACY, 100 Leland Ave, 239-5811

PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620

PLUMBING
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401

POST OFFICE
VISITACION U.S. P.O., 68 Leland Ave., (800) 275-8777

REALTORS
CAMERON-JONES, INC (Cathy Kline-Saunders), 334-0800
HENRY SCHINOEL, 239-5850

RESTAURANTS
CLIFF'S BARBECUE, 2177 Bayshore Blvd. 330-0736
G & L BAKERY ANO RESTAURANT, 198 Leland Ave., 239-6283
HONG YUN RESTAURANT (Vietnamese), 73 Leland Ave., 469-5686
SUN FAI RESTAURANT, 30 Leland Ave., 587-2763
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
RUSSIA HOUSE, 2011 Bayshore Blvd., 467-0252
SHIREL'S SOUL FOOO, 107 Leland Ave , 239-5141
TWO JACK'S RESTAURANT (seafood and burgers), 167 Leland Ave., 337-0433

SELF-DEVELOPMENT
OYNAMIC DEVELOPMENTS (Marjone Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608

SERVICE PROVIDERS
THE VILLAGE, 333 Schwerin St., 239-5045
VISITACION VALLEY BILINGUAL EOUCATION, SUPPORTIVE SERVICES AND TRAINING (VVBESST), 120 Leland Ave., 586-7347
VISITACION VALLEY COMMUNITY CENTER, 50 Raymond Ave., 467-6400
VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VVJET), 333 Schwerin St., 239-2866

SHOE REPAIR
ARMANDO'S SHOE REPAIR (Armando Rosignuolo), 156A Leland Ave., 239-7216

SIGNS
SMITH'S SIGNS, 153 Leland Ave., 333-2700

TAVERNS
THE CLUB HOUSE, 25 Blanken Ave.

VIDEO
SIN FUNG VIOEO, 144 Leland Ave., 586-1038

How to Ensure Your House is Hazard-Free

(NAPS) Although "home" is the place where people generally feel the most safe and secure, a house may actually contain a number of safety hazards that may not be immediately apparent to the residents.

According to the National Safety Council, about one out of every 40 people is incapacitated a day or more each year by accidental injuries received at home. Perhaps more surprising is that disabling injuries are more numerous in the home than in the workplace and in motor-vehicle accidents combined.

"Whether you live in a house, condominium, apartment or mobile home, there are several potentially dangerous areas in your residence that should be addressed," says home improvement expert Beverly DeJulio. "By thoroughly evaluating the home and taking a few simple precautions, homeowners can ensure that their family and residence are safe year-round."

To help homeowners, Service Experts, a North American heating and cooling service company, and DeJulio have compiled the following advice for correcting some of the most common but overlooked home safety hazards:

Clean the Air

Recent research has found that the quality of air within homes and other buildings can be more seriously polluted than the outdoor air in even the largest and most industrialized cities.

There are many sources of indoor air pollution, including emissions from gas appliances, certain building materials, dust and dirt, household cleaning products and improperly maintained heating and cooling systems that could be leaking carbon monoxide. If not enough fresh outdoor air enters the home, these pollutants can accumulate to levels that may pose health and comfort problems-especially for those who suffer from allergies and asthma.

To improve indoor air quality and avoid potential health risks, DeJulio recommends that homeowners hire a professional indoor comfort specialist to inspect their home's heating and cooling equipment and evaluate whether or not their home should have a special ventilation system or air cleaner installed. In addition, homeowners should change air filters regularly to cut down on the circulation of dust and dirt, and install a carbon monoxide detector near the bedrooms in the house.

Store Chemicals Safely

Common household chemicals, such as cleaning agents, lawn and garden sprays and old paint, can be dangerous and should be stored in upper cabinets and out of the reach of children. According to DeJulio, homeowners with small children should take extra precaution to childproof their homes. Start by inspecting play areas regularly for any danger, and installing safety latches on toilets and all lower cabinets and drawers. It's also important to store prescription and non-prescription medications properly.

Evaluate Electrical Equipment

According to the U.S. Consumer Product Safety Commission and the National Electrical Safety Foundation, more than 41,000 residential fires and approximately 370 deaths are caused each year by electrical-related incidents. Regularly inspecting the wiring and appliances in the home can help prevent these accidents, says DeJulio.

When checking a house, make sure that electrical outlets are not overloaded with power strips or extension cords and be sure that electrical cords are not frayed or damaged. In addition, check all light bulbs to make sure they are the correct wattage for each light fixture. For peace of mind, DeJulio also recommends hiring a licensed, professional electrician to inspect the home's wiring, fuses and circuit breakers for potential fire hazards, especially in homes with older wiring.

Prepare for an Emergency

No one can know when an emergency might arise. To be prepared for potential life-threatening situations, consider taking a first aid or CPR class at a local Red Cross chapter or community college. It could mean the difference between life and death. In addition, be sure to keep fire and police department and poison control center contact information near the telephone for quick access.

Paying attention to personal safety should be a priority no matter where you are, but since most people spend the majority of their time in the home, it's worth taking a few minutes to ensure that your house is as safe as possible. For more information on home safety and other home maintenance issues, visit the Service Experts Website at www.Service Experts.com.

Call for an Improvement in Science Learning

(NAPS) Sports and science may have more in common than anyone suspected. In both, it seems, Americans like to win. And, what's more, they want to keep being number one.

That's according to a new Gallup survey that examines public attitudes toward science, technology, education and America's future. In The Bayer Facts of Science Education VI, a Bayer/National Science Foundation survey, Americans say they're proud of our scientific and technological achievements. They also believe we need to invest in scientific research and development (R&D) in order to remain at the forefront of discovery and innovation.

And, while the survey finds public support for recent proposals to boost investments in R&D, at the same time, many Americans expressed concern over whether our educational system is preparing students for the challenges that accompany new technologies.

Some 93 percent say students in their state need a stronger education in science to be prepared for future advances. In fact, 85 percent agreed that improving pre-college science education should be one of their governor's top priorities. And, they say, the way to strengthen science is for their state and governor to support reforms that emphasize inquiry-based, hands-on learning over traditional textbook/memorization methods.

"Increased R&D funding today means that in 10 to 20 years, we'll be seeing the fruits of those increases. And that guarantees that the adults of tomorrow will have to work and thrive in a world that, scientifically and technologically, will be even more advanced than today's," explains Rebecca Lucore, who oversees Bayer's Making Science Make Sense initiative that advances science literacy through hands-on, inquiry-based science learning, employee volunteerism and public education.

Calling it very likely that most future entry-level jobs will require basic science literacy, Americans want science to become the fourth "R" in elementary school and be given equal priority with reading, writing and math.

When informed of U.S. 12th graders recent poor science performance on the Third International Math and Science Study (TIMSS), where they scored near the bottom compared with students from other countries, Americans believe this year's presidential candidates should be concerned about science education and science literacy.

The reason, the survey suggests, is that Americans see a strong connection between good education and U.S. economic success. Three-quarters agree the poor TIMSS showing is an early warning that U.S. science -and technology-related jobs may shift to countries whose citizens have stronger science literacy skills.

Americans by and large also believe that science and technology have changed life for the better. When asked to select one problem for science to solve in the future, more than 60 percent named a health-related problem and "developing a cure for cancer" ranked number one.

"Americans have spoken," said Lucore. "Now it's time for all of us to listen-and take action."

For a copy of The Bayer Facts of Science Education VI, visit www.BayerUS.com/msms or send a $.77 stamped, self-addressed 8-1/2 x 11 envelope to Bayer Facts VI, Bayer Corporation, 100 Bayer Road, Building 4, Pittsburgh, PA. 15205.

New Survey Examines How We Look for Advice

(NAPS) Few people would actually try to build their own house with just a few tools and set of blueprints. Fewer still would try to build their own car after reading an automotive magazine.

Yet, the current flood of advertising on television and in other media promotes the idea that most people are finding enough information online to manage their own investments successfully. In reality, there may be more to the story.

A new study sponsored by Putnam Investments, Advice In The Internet Age, indicates that, while many people go online for information, they still rely on experts for advice before making major decisions of all kinds, including investing.

Some of the more revealing aspects of the study addressed how consumers find advice. For example, nearly a quarter of those interviewed said they would use the Internet to find a referral for advice. However, only three percent said they would use the Internet itself as the source of advice.

Interestingly, having access to raw information doesn't always eliminate stress. While 73 percent of those surveyed said they associate stress with managing finances, 60 percent believed there was too much information at their disposal.

According to Thomas J. Lucey, Senior Managing Director at Putnam Investments, "People need information to make decisions, but having a superabundance of anonymous information available doesn't relieve stress.

"Most people would sleep easier if they worked with a professional investments advisor who could help them achieve their financial goals."

This need for the human touch in our decision-making is natural, according to Dr. Richard Geist of Harvard Medical School. Said Geist, "We have a deeply rooted need for personal relationships, particularly when trying to make major decisions under conditions of stress."

Putnam's Lucey believes it is this human touch that turns raw information into real advice-particularly in the area of investments-and reduces stress by reducing the information overload.

Mental Health a Priority

by Surgeon General David Satcher MD, Ph.D.

(NAPS) As Surgeon General, mental health is one of my top priorities. Mental health is indispensable to the well-being of each of us yet we sometimes take it for granted. Mental health affects one's ability to be productive, maintain fulfilling relationships, adapt to change, and cope with adversity.

About 20 percent of the U.S. population is affected by mental illness during a given year, and most of us will be affected directly or indirectly by mental illness during the course of our lifetime. Of all mental illnesses, depression is the most common disorder, affecting more than 19 million adults in the United States. Mental illness is the second leading cause of disability and preventive mortality, and the cause of more than two-thirds of suicides each year. And yet, in 1997, only 23 percent of adults diagnosed with depression received treatment.

Recently, I gathered leading health experts from across the country to release Healthy People 2010, the national health goals and objectives for this decade. Healthy People 2010 consists of 467 objectives to be achieved over the next decade. It also includes the Leading Health Indicators -- 10 extremely important public health measures for our nation. Mental health is one of the Leading Health Indicators, reflecting its importance as a major public health concern.

As a nation, we must reduce stigma and ensure that all Americans have access to appropriate, quality mental health services. In the spirit of this goal, the first Surgeon General's Report on Mental Health, released in Fall 1999, aims at building awareness, fighting the stigma associated with mental illness, and focusing on prevention and treatment issues.

We must devote our efforts to becoming better at recognizing the signs and symptoms of mental illness. We must also increase the number of people who receive mental health screening and assessment, and ensure that more people receive the treatment they need. This is important, since we know that many mental illnesses can be identified, prevented and treated.

Individuals and communities can take a variety of actions to improve mental health. People should become familiar with the signs of deteriorating mental health and be willing to seek help for themselves or for their loved ones. The signs of potential mental illness can include a persistent sad or "empty" mood; feelings of guilt, worthlessness, helplessness, or hopelessness; loss of interest or pleasure in hobbies and activities; insomnia, early-morning waking or oversleeping; loss of appetite, weight loss, or overeating and weight gain.

Mental illnesses, if untreated, can be a serious disease causing premature death, disability, and lost productivity. If you, or a loved one, are experiencing what you believe might be the symptoms of a mental disorder, seek assistance and treatment just as you would seek medical consultation for any other potentially serious symptoms. There are many treatment options for mental health concerns, including, but not limited to, medications, short-term psychotherapy, and community-based supportive services. Once identified, mental illness can be treated.

We will reach our national mental health goals for the first decade of the new century if we can implement a strategy in which prevention and early detection becomes the norm. Each of us can do our part by knowing the signs and symptoms of mental illness and seeking help when needed. Continue healthy behaviors, such as exercising regularly, getting a good night's sleep, and eating right to reduce stress and to maintain mental health. Let us all be part of an era in which mental health becomes a priority.

To find out more about Healthy People call 1-800-367-4725 or visit the Healthy People 2010 web site at www.health.gov/healthypeople. For more information on mental health, call the toll-free number 1-877-9-MHEALTH or go online to www.healthfinder.gov.

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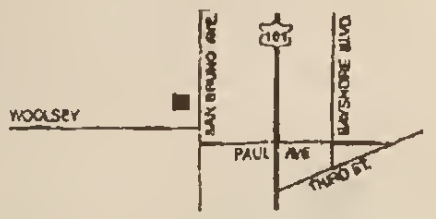

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